

# Outdoor Fitness Area



## 1. Wall Under

1. With hands clasped at chest level, stand with feet together and wall perpendicular to your right shoulder.
2. Slowly take a large lateral step to the right, ducking under the wall and lowering into a lunge by sinking hips back and bending right knee, keep knee aligned directly over right foot.
3. Push off the right foot to stand and straighten right leg, move your left foot to the right and return to starting position with feet together.
4. Repeat movement, stepping and lunging to the left to pass back under the bar and return to starting position.

## 2. Wall Over

1. Stand facing wall with both feet on ground and shoulder width apart.
2. Bend knees and jump upward toward the wall, grabbing top of the wall.
3. Supporting weight with arms, lift your body toward the top of the wall and anchor leg over the top of the wall.
4. With leg over wall and hands in contact with the top of wall, pull body over wall to the opposite side.
5. Support weight with arms, lower body back to ground.

## 3. Wall Through

1. Stand facing wall area with square cut out area with both feet on ground and shoulder width apart.
2. Bend knees and jump upward toward the wall, grabbing top of wall.
3. Pull body through square opening releasing hands once through and landing with both feet on ground on opposite side of wall.

## 4. Push Up

1. Grip bar in desired hand location with body straight and feet behind you in plank position.
2. Bend arms to lower body until chest is slightly above bar and elbows are parallel with torso.
3. Push upward using arms, returning to starting position and repeat.

## 5. Twisting Rungs

1. Stand under overhead device and raise arms above head.
2. With palms facing each other, leap up and grasp the handhold with one or both hands.
3. Keeping abdominals tight, use core, upper body strength and grip strength to transition from handhold to handhold.
4. While moving, release one hand and grasp the second handhold. Then use controlled momentum to release other hand and move to the next handhold.
5. Repeat moving from handhold to handhold until you reach the last handhold.
6. Reduce swinging momentum and release handholds to return feet to the ground.

## 6. Step-Up Platforms

1. Stand facing platform with both feet on ground and shoulder width apart.
2. Beginning with right leg, step to centre of the platform and straighten right leg. Keep right leg behind you for counter balance.
3. Slowly return to starting position and repeat leading with left leg.

## 7. Inclined Monkey Bars

1. Stand under the overhead ladder and raise arms above your head.
2. With palms facing forward, leap up and grasp the rungs with both hands.
3. Keeping abdominal tight, use your core strength to swing legs back and forth to gain controlled swinging motion.
4. While moving, release one hand and grasp the second rung. Then, use swinging momentum to release the other hand from the first rung and grasp the third rung.
5. Repeat movement from rung to rung until you reach the end.
6. Reduce swinging momentum and release rung to return feet to the ground.

## 8. Rope Climb Station

1. Stand facing rope climb and grasp rope with left and right hands.
2. Supporting weight with arms, bring feet up off ground.
3. Using arms, pull your body upward and progress to top of the rope moving hand over hand.
4. Once you reach the top, slowly lower body back to ground moving down the rope hand over hand until feet return to the ground.

## 9. Decline Sit-Up Bench

1. Sit on sit-up bench with knees bent and feet under the support bar.
2. Place arms across chest, lean back until your back is just off the bench.
3. Return slowly to starting position and repeat.

## 10. Pull Up

1. Grip bar in desired hand location.
2. Using arms, pull body upward until shoulders are level with the bar.
3. Slowly return your body to starting position and repeat.

## 11. Knee Lift Station

1. Stand with feet on foot support with back against the backrest.
2. Place forearms on arm pads and your hands on grip handles.
3. Bring knees to waist level or higher and hold for a 5-count.
4. Return slowly to starting position and repeat.

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